

# How Do I Find A Mentor?



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Resource Center  
Mentor Program  
State of California  
Alcohol and Drug Programs  
1700 K Street  
Sacramento, CA 95814

(800) 444-3066 (California Only)  
(916) 327-3728  
FAX: (916) 323-1270  
TTY: (916) 445-1942  
Internet: <http://www.adp.cahwnet.gov>

# What is a Mentor?

## A Mentor IS:

- ✓ a trusted friend
- ✓ a good listener
- ✓ someone who cares
- ✓ someone who will help you get where you want to go

## Want one?

Here's How to Find One.

# 1 Think about what you want help with.

A mentor **can**—

- ✓ Listen to you and help you stay motivated to succeed.
- ✓ Help you with your studies.
- ✓ Help you plan for your education.
- ✓ Help you find a job.
- ✓ Help you learn a particular skill, like how to fix a car or learn to type.

# 2 Make a list

of all the people **you know who might be able to be your mentor or help you find a mentor; for example, family members, neighbors, teachers, coaches, ministers, priests or rabbis, recreation center staff.**

## Here is what to **look for**:

- ✓ Someone who believes in you and will go to bat for you.
- ✓ Someone who will tell you the truth.
- ✓ Someone who is not afraid of hard work.
- ✓ Someone who cares about doing the right thing.
- ✓ Someone you can trust.

**Here is where to look for adults who might agree to be your mentor:**

- ✓ In your neighborhood
- ✓ Where your parents, relatives, or neighbors work
- ✓ At school
- ✓ At recreation centers
- ✓ At your church or synagogue
- ✓ Through youth service organizations such as Big Brothers and Big Sisters; Boys Clubs; Girls, Inc., Cities in Schools; Camp Fire Boys and Girls; Junior Achievement

**Do it!**

**Do it!**

**Do it!**

## **③ Ask**

someone to be your mentor.

- ✓ Tell them what you want from a mentor.
- ✓ Tell them why you think they would be a good mentor.
- ✓ Ask if they would be willing to be your mentor or to help you find a mentor.
- ✓ Suggest a trial period — one month. For instance — for both of you to see if it

works and you like it.

- ✓ Offer the adult a copy of what is written on the back of this flyer. This will

give

them more information about what it takes to be a mentor.

- ✓ If you don't succeed at first, try again. Don't give up and don't get discouraged. You may hear a "no" from four different people before you

hear

that magical "yes" from person number five.

***Good luck!***

# Dear Adult:

This young person is asking you to be his or her mentor. You probably have a few questions. We will try to answer them.

## What is a mentor?

- ✓ A mentor is someone who, along with parents, provides your people with support, counsel, friendship, reinforcement, and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out the strengths that are already there.

## Why should I get involved?

- ✓ Because young people need positive, successful adult role models.
- ✓ Because young people need guidance in setting and achieving goals.
- ✓ Because a relationship works two ways. You stand to gain from the insights of young people, and helping them succeed is a great source of satisfaction.

## How much time will it take?

- ✓ Time devoted to mentoring is a very important issue. You must realistically assess the time you have in a day, in a week, to devote to mentoring this young person. Factor in the needs of the person asking you to be a mentor. You may find that you can't. If you can't, we ask that you suggest someone else who might help. Or take on a simple, short-term project with the young person. It doesn't have to be a lifetime commitment. Sometimes a little help can go a long way.

## If you have decided to become a mentor, how should you get started?

- ✓ Ask the young person how you can help.

- ✓ Ask how often they would like to meet and for how long.
- ✓ If you do not know their parents or guardian, be sure to introduce yourself to them.
- ✓ Meet with the young person at a mutually convenient location — where you work,

at

safe

your place of worship, at a public park, in a restaurant, or somewhere else that is

and convenient.

- ✓ Listen. Talk. Learn. Enjoy your new friend.